

IN PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



NOVEMBER 2024 NATIONAL CAREGIVER MONTH

IN PERSON

MISSION VALLEY YMCA

THE EMPOWERED CAREGIVER SERIES
NOVEMBER & DECEMBER | 11AM-12PM

The Empowered Caregiver teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

Building Foundations of Caregiving

November 6

Supporting Independence

November 13

Exploring Care & Support Services

November 20

Communicating Effectively & The Holidays

December 4

Understanding Dementia Behaviors

December 11



ALZHEIMER'S ASSOCIATION
San Diego / Imperial Chapter

Healthy Living for your Brain and Body- Lakeside Library

November 19 | 2-3PM

TO REGISTER FOR ANY OR ALL OF THESE PROGRAMS, PLEASE CLICK THE TITLE,

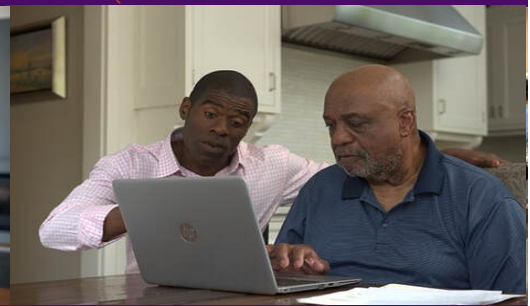
SCAN THE QR CODE OR CALL 800.272.3900 24/7



TO REGISTER OR TO LEARN MORE, PLEASE VISIT ALZ.ORG/CRF OR CALL OUR 24/7 HELPLINE: 800.272.3900

VIRTUAL EDUCATION PROGRAMS

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NOVEMBER 2024 NATIONAL CAREGIVER MONTH

VIRTUAL-VIA ZOOM

THE EMPOWERED CAREGIVER SERIES

Building a Foundation of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress. **Exploring Care and Support Services** examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

November 12 | 6-7PM

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations

November 14 | 6-7PM

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. **Responding to Dementia-Related Behaviors** details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

November 19 | 6-7PM

Planning for the Holidays: Tips for Caregivers The holidays are often filled with sharing, laughter, and memories, but they can also bring stress, disappointment, or sadness. Caregivers may feel overwhelmed by maintaining traditions while providing care for their loved one. Learn tips for making the holidays enjoyable for all.

November 21 | 6-7PM



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